

BAC Weekly Newsletter

April 10, 2024



Practice Changes

No Changes this Week

April Meets

The 1st Long Course Meet of the Season is next weekend in Bozeman! We will have warm up times on next week's newsletter. If you missed signing up - email Coach Sean or Coach Jessica by the end of the today and we can get you in!

Big Sky State Games is April 28th at MSUB! This meet is open to all groups (including Future Stingrays!). We would love to see as many Stingrays as possible racing! To sign up, log on to your team account and click the red "attend/decline" button. Coaches will pick races for swimmers and your account will be billed for the meet fees. Job Signups will open soon! This is a great meet to get a jump on the summer volunteer hours as well as learn about the different jobs needed to make our meets successful!

April Tryout - Saturday, April 13th

If you know someone who missed our Spring Tryout and is wanting to jump on to the team this Spring and Summer. We will be doing a quick 15 minute Tryout (no clinic) where swimmers can show off their skills and meet BAC Coaches. This tryout will be this Saturday at 9:15am at Rocky. Please spread the word!

Safe Sport: Help Needed

Parents we need your help with our Safe Sport Certification! Please follow the link on the newsletter to complete the Parent's Safe Sport Class as soon as possible. This can be done from your phone so you can take it from anywhere (maybe while you are watching practice!).

We need at least 10% of our membership to complete this by the middle of May.

Thank you for your help as we work to complete all the necessary steps to maintain our Safe Sport Recognition.

Upcoming Events

Spring Chicken Meet

April 20-21st (Bozeman)

If you missed signups - email Coach Sean or Jessica by the end of today!

BSSG/Sprint Meet

April 28th (MSUB)

Sign Up Through BAC Website!

BAC Summer Splash Meet

May 17-19th (MSUB)

Sign ups Open!

Missoula Firecracker

June 20-23rd (Missoula LCM Pool)

Prelims/Finals for 11&Over

[Long Course Schedule Online](#)

Remind App:

Gold: @BACGO

Silver: @BACSI

Bronze & Jrs: @BACBRO

Your 1st Swim Meet

We have lots of Stingrays about to do their 1st Meet! Here is a little more info about swim meets!

Sign Ups

- Sign Ups usually close 10 days before the meet. To sign up: log on to your team account and click the red "attend/decline" button next to the meet and follow the steps. If your swimmer can only attend one day you can write that in the notes section. Coaches will pick races based on ability and age.

Pre-Meet Info

- Warm Up times will be posted on the newsletter the Wednesday before the meet. For out of town meets, we sometimes don't have that info until that day.
- The Meet Contract can be found on the Montana Swimming Website or will usually be posted on the newsletter.

Day of the Meet

- Try to arrive at least 15 minutes before warmups start. This will give you time to get situated and swimmers ready to swim. Swimmers should find their coaches on deck 5 minutes before warmups.
- Purchase a Heat Sheet, teams can choose to have physical copies or digital ones through meet mobile. You'll need this to know what heats and lanes your swimmer is in for their races.
- Find other BAC Parents! Our swim meet experienced parents have a wealth of knowledge and will be willing to help you navigate this new experience!
- Volunteer! Most of our practice groups have volunteer commitments. Positions to help at meets vary but we'll teach you what to do!
- After Swimmers swim their races, the first person they should go and talk to is their coaches for feedback!

What to Bring

- At Meets, swimmers must wear their BAC Team Cap. We don't require a team suit but those can be purchased through our online swim store.
 - Suit Requirements for Girls: Must be 1 piece, cannot have ties or zips, cannot extend below knees or past shoulders (no rash guards)
 - Suit Requirements for Boys: cannot extend past knees or above belly button (no rash guards)
- Snacks, water, permanent marker, blankets, warm clothes!

If you have any questions, please email your coach!

Spring Practice Schedule February 12th - Beginning of June

Future Stingrays

Tues & Thurs: 5:45-6:30pm at Rocky

Jr Stingrays

Mon: 5:15-6:15pm at MSUB
Tues: 5:15-6:15pm at MSUB
Weds: 5:15-6:15pm at MSUB
Thurs: 5:15-6:15pm at MSUB

Bronze

Mon: 3:45-5:15pm at MSUB
Tues: 3:45-5:15pm at MSUB
Weds: 3:45-5:15pm at MSUB
Thurs: 3:45-5:15pm at MSUB
Frid: 3:45-5:15pm at MSUB

Silver

Mon: 3:45-5:15pm at MSUB
Tues: 5:30-7pm at Rocky
Weds: 3:45-5:15pm at MSUB
Thurs: 5:30-7pm at Rocky
Fri: 3:45-5:15pm at MSUB
Sat: 7-9am at Rocky

Gold 1

Mon-Thurs: 7-8:30pm at Rocky

Gold 2

Mon-Fri: 3:30-5:30pm at Rocky
Sat: 7-9am at Rocky
*AM Practice MWF 5:30-7am at Rocky

Go Stingrays! BE A CHAMPION!